

EXAMINATION OF CONSCIENCE (CONT)

- ◆ Have I mocked or made fun of others?
- ◆ Have I lied or cheated?
- ◆ Have I stolen anything? Have I paid it back?
- ◆ Have I been selfish or spiteful toward others? Have I been jealous?
- ◆ Have I gotten drunk, or taken drugs?
- ◆ Have I engaged in sexual fantasies?
- ◆ Have I looked at others lustfully?
- ◆ Have I read pornographic literature or looked at pornographic pictures, shows or movies?
- ◆ Have I lustfully kissed or sexually touched someone?
- ◆ Have I had sexual intercourse?
- ◆ Have I had an abortion or encouraged another to have one?
- ◆ Have I participated in anything that is of the occult: ouija boards, fortune tellers, séances, astrology, channeling,?
- ◆ Have I been patient, kind, gentle and self-controlled?
- ◆ When my conscience told me to do something good, did I do it or did I ignore it?



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Please plan on  
celebrating God's  
forgiving love in the  
Sacrament of Penance  
at our Communal  
Celebrations  
or  
in Individual Confession  
on Saturdays,  
St. Mary's,  
3:00 - 3:45 PM  
or  
St. Boniface,  
4:00 - 4:45 PM  
or by appointment

**Southeast Rochester Catholic  
Community**



**Blessed Sacrament  
St. Boniface  
St. Mary's**

**259 Rutgers Street  
Rochester, NY 14607  
Phone: 585-271-7240  
southeastrochestercatholics.org**

Southeast Rochester Catholic  
Community

## AN EXAMINATION OF CONSCIENCE FOR TEENS

TO HELP PREPARE  
YOUR HEART  
TO  
CELEBRATE  
GOD'S FORGIVENESS  
AT OUR  
COMMUNAL  
PENANCE SERVICES  
OR  
IN INDIVIDUAL  
CONFESSION

PLEASE USE THIS  
GUIDELINE



# EXAMINATION OF CONSCIENCE FOR TEENS

## A Note to Parents of Teens Celebrating Penance

Very often, teens celebrate the sacrament of Penance & Reconciliation while attending a retreat. It is hard for teens to ask their parents to take them to confession. So, when you celebrate the sacrament invite your teen to join you. This examination may be used as a private prayer for individual preparation. An examination of conscience helps one reflect on their relationship with God, and with other people.

Preparing for the celebration of this sacrament of healing is often misunderstood. People frequently view it as recitation of a laundry list of mistakes they have made. Help your teen understand it as an opportunity to talk about what is troubling their hearts, about who they are, and about the changes they would like to make in their lives. The sacrament offers us that chance to speak and pray with someone (a priest) who can help us with that task. Encourage your teen to spend time in quiet reflection, and through an Examination of Conscience, we ask: "What do I do well?", "What do I want to change about myself?", and "How do I want God to transform me?"



## For Teens:

Doing a thorough examination of conscience is an important step in preparing for the celebration of the Sacrament of Penance. If possible, find a quiet place where you can sit and reflect on these questions. As you reflect on these questions, let God speak to your heart and your conscience about the wrong you have done and the good you have failed to do. Remember that we cannot change others; we can only change ourselves. In this process, we scan our motives, thoughts, and actions to detect our loyalty to or betrayal of the priorities of the reign of God. The goal is not to leave us ashamed and guilt-ridden, but to rely on the Holy Spirit to transform us from within making us ever more holy, loving and faithful.

### 1. Responsibilities to God:

- ◆ Have I gone to Mass on Sunday or have I rebelled and been stubborn about going to Mass?
- ◆ Did I participate in the Mass or did I daydream?
- ◆ Have I prayed every day?
- ◆ Have I read the Bible?
- ◆ Have I been rebellious



toward God and his commands?

- ◆ Have I misused the name of God by swearing and cursing?
- ◆ Have I told God that I love Him for creating me and making me his son/daughter?
- ◆ Have I thanked Jesus for becoming man, dying for my sin and rising to give me eternal life?
- ◆ Have I asked the Holy Spirit to help me conquer sin and temptation and to be obedient to God's commands?

### 2. Responsibilities

#### to others & myself:

- ◆ Have I been rebellious, disobedient or disrespectful to my parents, teachers and those in authority over me?
- ◆ Have I lied to or deceived my parents or others?
- ◆ Have I been arrogant and stubborn?
- ◆ Have I talked back to my parents or those in authority?
- ◆ Have I gotten angry or nurtured and held grudges and resentments?
- ◆ Have I refused to forgive others?
- ◆ Have I cultivated hatred?
- ◆ Have I gossiped about others?
- ◆ Have I slandered anyone?
- ◆ Have I told lies about others?